

**OFFENSIVE WATCHDOG DEEMS DIRE STAITS HIT UNFIT FOR RADIO** (page 6)





Weekend, January 14-16, 2011 www.metronews.ca



#### **Drowning in Debt?** Reach Out!



## Canada in retail iant's crosshairs

◆ Target plans to open 100-150 Canadian locations by 2014 ◆ Zellers will continue to operate under own name in leased locations for next 2 years

The big red Zellers banner will begin to fade from many strip malls and shopping centres across the country next year, to be replaced by the giant red bull's-eye logo of Target, its flashy U.S.

Target Corp. announced Thursday it will spend \$1.83 billion to take over the leases of as many as 220 Zellers stores of its choosing from the 279 locations currently owned by the storied Hudson's Bay

Target has been eyeing entry into the

**Snow.** Big air

FISHERMAN'S

MARKET

"We hope to not only bring the (U.S. Target) experience to Canada but enhance that experience so they feel like it's their Canadian Target."

TARGET PRESIDENT AND CEO GREGG STEINHAFEL

Canadian market for years and the deal allowing it to choose which Zellers stores it wants provides a platform for growth, Target president and CEO Gregg Steinhafel said in an interview Thursday.

About 70 per cent of Canadian consumers are already familiar with the Target brand and 10 per cent have shopped at a Target store in the last 12 months, according to the chain's research.

The retailer plans to spend the next two years working to understand Canadian consumers. It plans to contact Canadian designers for collaborations similar to those it has in the U.S.



Flying high into winter-coloured sky

#### **Popcorn** ready?

Movies

Crouse and Breslin discuss the merits and weaknesses of The Green Hornet • Reviews of The Dilemma, Barney's Version • The best of Ron 'Opie' Howard's oeuvre ♥ Plus: Full theatre listings (pages 13-16)

#### Turbine gains steam

Jennifer Love Hewitt helps herself to a dress by local designer at Golden Globes gifting lounge (page 4)



#### **Employment's** 'silent killer'

PM talks tough about cutting through red tape {page 10}

#### **2011: Year of** living healthily

Five minutes with wellness guru Max Brennan (page 12)



4.99lb (6-12oz) (Boned)

Fresh Digby Scallops ARRIVING SAT NOON Frozen Scallops

Fresh Whole Atlantic Salmon (Utility Grade) (Excellent Freshness) 3.99lb (May be light in colour) 11.99lb (Product of Norway) Breaded Mozzarella Cheese Sticks (Frozen)

Mitchell Wall sails through the air after hitting a jump on his snowboard at the Brightwood Golf and Country Club in Dartmouth on Thurs

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#### Teens retaliated with pellet gun: Cops

Three men allegedly retaliated for having their truck with snowballs by shooting a boy in the face

with a pellet gun.
The 16-year-old boy told
police he was sledding in the area called The Pit off of Novalea Drive Wednesday night. Other kids were throwing snowballs at cars driving by when a white truck stopped shortly before midnight.

"While the kids shouldn't have been throwing snowballs at vehicles, it's not an appropriate response and if somebody has that kind of incident they should contact police."

HRP CONST. BRIAN PALMETER

Three men, 18 to 19 years old, got out and police believe they assaulted several kids, including the

"I don't think he put it

right up to his face and fired it but I think he would have been in close proximity," Halifax Regional Police spokesman Const. Brian Palmeter said Thursday.

"The skin was broken by the pellet and it could have been much worse. There were other injuries from the assault as he was struck in the face as well.

The victim was getting treatment at the QEII hospital when police were called

While it appears the 16year-old boy got the worst of it, Palmeter said he suspects there were other victims. It is believed to be a random act.

"We actually think there are other victims there, not with a pellet gun, but that would have been assaulted. We're asking any other victims to come forward and witnesses to come forward as well," Palmeter said.

There were no calls from motorists about kids throwing snowballs that night.

JENNIFER TAPLIN



# Opinion split on Zellers-Target shift

• Four Zellers in HRM: Bedford Place Mall, Bayers Lake, Mic Mac Mall and Colby Village Shopping Centre



As Rachel Kelly approached Zellers in Bayers Lake on Thursday afternoon, she had no idea the retail store would soon be basically extinct, replaced by Target, an American-based competitor to Wal-Mart.

Kelly is disappointed to see Zellers leave, but thinks it might be exciting — and good for business — to have a new place to shop.

"I think everybody will be excited to have a new store for a while," she said.

Kelly was one of many sharing an opinion Thursday on news Target will spend \$1.83 billion to take over the leases of as many as 220 Zellers stores across Canada from its owner, the Hudson's Bay Company.

The number of Zellers stores in Nova Scotia.

But opinions on whether this is a good or bad thing is mixed here in HRM. Nick Parsons from Halifax doesn't like the idea of losing Zellers.

"I think it's completely stupid," he said. "I'd rather see Zellers stay than have a Target right down from a Wal-Mart."

Parsons, however, does think the constant battle for lower prices between the two retail giants might help make things cheaper

HBC does plan on operating some Zellers in rural communities, but stores in Halifax will be either switched over to Target, or closed completely.







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yard of his Clydesdale home for the winter to raise money and aware-ness for Feed Nova Scotia.

The charitable organization based in Halifax collects and distributes food to more than 150 banks across the province.

While camping out for fun last winter, Jowett

spend 80 or so nights in the tent.

said he began to think about the homeless and people who can't afford to heat their homes in the winter or buy food.

So far, Jowett said he's earning \$17 a night in pledges.

THE CANADIAN PRESS

#### **Ex-chief** wrote letter. board finds

The Nova Scotia Police Review Board has ruled the former chief of police in Stellarton was the author of an unsigned letter that made allegations of a RCMP sex party.

The three-member board concludes the letter was written by Ambrose Heighton and that it amounted to discreditable conduct contrary to Police Act Regulations.

The finding released Thursday stems from a hearing held last October where the letter was entered as an exhibit by the Town of Stellarton in defending its decision to fire Heighton in 2008.

The board says it finds that, "on the balance of probabilities," Heighton wrote the let-

The decision doesn't conclude whether Heighton's dismissal from his job was justified, which will be the

#### Supervision

The officers mentioned in the letter were under the supervision of Justice Minister Ross Landry, who at that time was the RCMP officer in charge of the Pictou detachment.

subject of another hearing if Heighton chooses to continue with his appeal.

"However, although the board has found that Mr. Heighton committed disciplinary de-faults, it does not mean that the board accepts that the town council's decision to terminate Mr. Heighton's employment was justified," it

The board says it released its preliminary decision to the parties involved in the case now and will provide full written reasons lat-

Justice Minister Ross Landry testified during the hearing that comments in the letter alleging inappropriate behaviour at house parties were later shown to be untrue by an internal RCMP investigation. THE CANADIAN PRESS

Jennifer Love Hewitt -L.A. this weekend.

Drader-Murphy, Lisa owner of Turbine, was the only Canadian fashion designer invited to the celebrity gifting lounge for the 68th Golden Globe Awards.



"Isn't that funny? Let's go all the way to L.A. to get some clothing to Ellen Page."

LISA DRADER-MURPHY

# Pitching one for homelessness A Nova Scotia man is camping out in the cold to help the hungry. Peter Jowett has pitched a tent in the backround of his Clydesdale Peter Jowett hopes to spend 80 or so nights in

Two other Nova Scotian artisans displaying work at the Golden Globes celebrity gifting lounge this weekend • Media attend from around the world



Many of Hollywood's A-lis-– like Ťina Fey and perusing the work of a Hal-ifax fashion designer in

'There's tons of anticipation at the moment," she said during a phone interview Thursday afternoon. "We just finished up a meeting with the producer of the suite and got the low-down on some of the people coming through and television cameras are arriving.'





#### Hob-knobbing

Lisa Drader-Murphy is showing off a number of signature Turbine pieces including: reversible leather Hobo bags, OBI belts, and a brand new product called the . upside-down dress.

And which celebrity would she love to see wear Fellow clothing? Haligonian Ellen Page of course. As for Golden Globe

nominees, Drader-Murphy said Natalie Portman would be "pretty cool."

"Tina Fey, I think that would be really fun. Apparshe's coming through the suite," she

Later in the day, Jen-nifer Love Hewitt left with one of her dresses.

"I'm thrilled with anyone who comes through and is drawn to our collection. I wouldn't turn my nose up at anybody."

It means extraordinary exposure not only from actors, but from moviemakers and international press as well.
"Obviously we hope

somebody will pick up a piece and it will show up somewhere or pho-tographed by someone," she said.

"Beyond that there are opportunities for meeting producers and directors who might be interested in using our clothing in projects they're working

#### Oh. I thought T.O. was the **East Coast**

This is not the first celebrity showing for the

Lisa Drader-Murphy was invited to participate in celebrity gifting suites at the 2010 Super Bowl, and the 2010 Toronto International Film Festival.

She said while at the TIFF, she talked about Nova Scotia a lot and had to explain to several people how Toronto was not Canada's east coast. IENNIFER TAPLIN



## Gambling plan gets delayed in cabinet shuffle

No update on status of gaming strategy due to move from Finance to Communities, Culture and Heritage



Premier Darrell Dexter's recent cabinet shuffle has further delayed the release of the province's gambling strategy.

On Tuesday, the NDP transferred the responsibility of Part One of the Gaming Act to newly minted cabinet minister Dave Wilson.

Finance Minister Graham Steele previously held that portfolio and was responsible for the muchanticipated gaming strategy. Initially, Steele planned to have the strategy out last fall. That deadline was first pushed to the beginning of the year, and again to sometime this Spring.

Joshua Bates, Steele's executive assistant, said there is currently no timeline for the strategy's release.

Wilson, the minister of the newly formed Department of Communities, Culture and Heritage, did not offer a more precise deadline for the strategy.



"I'll be sittina down with the deputy

minister in the coming days ... to bring forward a gaming strategy for the province."

▶ The recent cabinet shuffle has further delayed the ovince's long-awaited gambling strategy because it has been forwarded on to another department. CABINET MINISTER DAVE WILSON **Details of** Truro on Jan. 22. "There seems to be a

#### school cuts needed: Union

School boards need more details on funding cuts from the province, according to the union. CUPE's Nova Scotia

president Danny Cavanagh is asking Ramona Jennex, the new minister of education, to

outline her intentions before school board representatives get together in

lot of rhetoric flying right now with very little in the way of actual facts. One of Ramona Jennex's first tasks should be to clear up this uncertainty," Cavanagh said in a release issued Thursday.

Union officials said they have written to the education department for clarification on funding cuts and the impact to classrooms. • metro

#### 44 people charged with drunk driving in December

Over 40 impaired drivers were taken off the roads in December by Halifax Regional Police.

Police charged 44 people — 38 men and six women — with impaired driving last month. Most of them were spotted by officers on patrol or concerned citizens calling in to report erratic driving.

#### Reward offered in cold case

The Department of Justice added another case to its major unsolved crimes file

The department is offering \$150,000 for informa-tion leading to an arrest in the murders of James Russell (Rustie) Hall and (Ellen) Giovanna Hall. The Halls were found dead in their home in Barr Settlement, Hants Co. on Feb. 26 of last

The Halls' murder is one of an astonishing 64 cases currently on the province's major unsolved crime list.

"We all share a responsibility to keep our communities safe and I urge anyone with information to please come forward to police," said Justice Minister Ross Landry, in a release. "We need the public's help to ensure jus-"We need the tice is served and closure is brought to the Hall family."

Anyone with information concerning the Halls' murder, or any other unsolved crime, are urged to contact police or the province at 1-888-710-9090. **● METRO** 





#### Failure to slow for emergency leads to charges

Twelve charges were issued by Enfield RCMP on Wednesday for drivers who failed to slow down as emergency vehicles were stopped and had

their flashing lights on. No emergency took

place; it was a police operation. Const. Les Kakonyi with Enfield RCMP said it's im-

portant motorists be cautious around emergency vehicles for the safety of emergency personnel. "We've had close calls

where vehicles go by speeding quite fast and are very close to the emergency vehicle," he said.

Since the law went into effect last year, RCMP have been handing out warnings, but Kakonyi said Thursday they now plan on handing out the





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## Dire Straits fans blast radio watchdog

 Decision to pull song from air nabbed international headlines
 Prompted by listener's complaint

Music fans were up in arms Thursday after a broadcast watchdog deemed the Dire Straits hit Money for Nothing unfit for Canadian radio because of a gay slur in the lyrics, while others applauded the decision and argued society has changed since the song came out in 1985.

The Canadian Broadcast Standards Council ruled Wednesday that the song violates the industry's code of ethics because the lyrics include the word "faggot" three times.

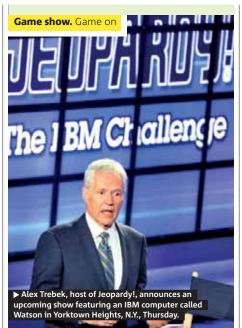
The panel noted that Money for Nothing would be acceptable for broadcast if suitably edit-

ed. The Canadian Broadcast



Standards Council is an independent watchdog organization with more than 700 member radio and TV stations.

Online comments were divided over whether the decision was justified or, ultimately, all for nothin'.



#### What is a challenge?

On Thursday an IBM hardware and software system named Watson was to play a practice Jeopardy! round against Ken Jennings, who won a record 74 consecutive games in 2004-05, and Brad Rutter, who won a record \$3,255,102 in prize money.

## Acquittal upheld for woman who left baby

Saskatchewan's highest court has upheld the acquittal of a woman who gave birth in a Wal-Mart bathroom in 2007 and left the newborn in a toilet.

April Halkett was found not guilty of abandoning the baby. But the Crown disagreed and took the case to the Saskatchewan Court of Appeal.

Halkett said at her trial that she didn't know she was pregnant and left because she thought the child was dead. Prosecutors



argued before the Appeal Court that she should not have been acquitted because she didn't intend to commit a crime.

## Millions gone to the birds

Over the past month, two auctions of Belgian racing pigeons have set one record after another, confirming Belgium as the age-old prime breeding hub of the birds — and China as the new centre of global demand. "They want to have the best pigeons, own the

1,000 European pigeon racing, birds are taken up to 1,000 kilometres from their lofts and released. Races are decided by which bird flies back the fastest.

best pigeons," said Stefan Roosen after Chinese buyers helped push the sale of the 218-bird colony of his late father to a record \$1.8 million last weekend.

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#### Rescuers dig for mudslide survivors

The power was out, but lightning flashes illuminated the horror as villagers watched neighbours' homes vanish under a wall of mud and water, turning neighbourhoods into gravevards

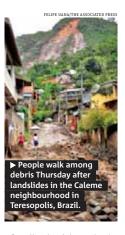
It was a scene of muddy destruction in mountain towns north of Rio, where at least 476 people were killed when torrential rains unleashed mudslides in the pre-dawn hours Wednesday, burying people alive as they slept.

In the remote Campo Grande neighbourhood of Teresopolis, family members pulled the lifeless bodies of loved ones from the muck.

Flooding and mudslides are common in Brazil when the summer rains come, but this week's slides were among the worst in recent memory. The disasters unduly punish the poor, who

"We were like zombies, covered in mud, in the dark, digging and digging."

TERESOPOLIS RESIDENT



often live in rickety shacks perched perilously on steep hillsides with little or no foundations.

Only a few rescuers had managed to hike to Caleme by Thursday and they only had shovels and machetes — not the heavier equipment needed to hunt for survivors.

Residents said they had no food, water or medica-

President Dilma Rousseff flew by helicopter over the region Thursday and the health ministry said it was sending seven tons of medications, enough to treat 45,000 people for a month.

Rousseff said the destruction was an act of God
— but she also said people
died because homes were
illegally built in areas
prone to slides.

THE ASSOCIATED PRESS

## Teachers study why Quebec kids like English

#### ▶ Report suggests students often have one motivation for opting for English education: Perfect bilingualism

A Quebec teachers' union has commissioned a study to probe the question of why so many youngsters are attracted to English for their post-secondary studies.

It views the trend as worrisome.

Results of the study, commissioned by the Institute for Research on French in the Americas at the request of the union, were released Thursday.

Among the findings:
The vast majority of students who attend English junior college, known in Quebec as CEGEP, intend to work in English or to pursue university studies in English.

#### Language talks

- The study comes amid a debate in Quebec about whether to extend Quebec's language laws to CEGEP — where Quebec students enrol in two- or three-year programs after high school.
- There are growing calls, including from the opposition Parti Québécois, to extend the rules that force non-Anglos to attend French school and make them also apply in CEGEPs.

"Despite linguistic legislation, which for 33 years has had the objective of making French the normal and daily language of all Quebecers, we must observe that English remains remarkably attractive today," the study notes.

"This attraction is reflected in the continuing interest of many francophone and allophone students who opt for English college studies, often despite a primary and secondary education entirely in French."

The provincial language law—also known as Bill 101—restricts access to English-language primary and secondary schools to the children of parents who studied in English in Canada.

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## Black gets rare reprieve

▶ Former media baron released on bail last year ◆ Sounded upbeat when asked if he thought he would manage to stay out from behind bars

Prosecutors said at a status hearing for Conrad Black Thursday that they do not intend to retry the former media mogul on fraud convictions that an appellate court tossed out last year. Judge Amy St. Eve also set a June 24 resentencing date for Black on the two convictions that appellate judges had upheld.

Defence attorneys asked the judge for a June date to give them a chance to file a new appeal with the U.S. Supreme Court.

At the resentencing in June, St. Eve could decide that Black, who had served two years of his 6½-year sen-

tence, should return to prison for months or years

She could also sentence him to time served, thereby setting him free for good.

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#### Floodwaters are 'worst disaster' in Australian history

Deadly floodwaters began to recede Thursday from the devastated streets of Australia's third-largest city, while officials warned it could be days before people can return to thousands of swamped homes and businesses — and many may be unsalvageable.

One man died in Brisbane after being sucked into a storm drain by the muddy waters, said Queensland state Premier Anna Bligh. The discovery, plus two other bodies found Thursday, brought the

61 At least 61 people are still missing, and the death toll is expected to rise.

death toll to 25 since late November.

"Queensland is reeling this morning from the worst natural disaster in our history and possibly in the history of our nation," a visibly emotional Bligh told reporters. "We've seen three-quarters of our state having experienced the devastation of raging floodwaters and we now face a reconstruction task of postwar proportions."

One tale has particularly transfixed the country: A 13-year-old boy caught in the flood who told strangers to save his 10-year-old brother first and died as a result.

THE ASSOCIATED PRESS



#### His message still holds

Officials honouring Rev. Martin Luther King Jr. ahead of his holiday in the United States say the message of non-violence espoused by the late civil rights leader is needed more than ever after the Arizona shootings. The U.S. will mark the 25th federal observance of King's birthday on Monday.

## Say, is that Confucius in the square?

#### • Ancient philosopher gets a spot in Beijing's hallowed Tiananmen

There's a new face keeping Chairman Mao company in Tiananmen Square.

A mammoth sculpture of the ancient

of the ancient philosopher Confucius was unveiled this week at the vast Beijing plaza.

It's a jarring juxtaposition for a square the ruling Communist Party treats as politically hallowed ground: A mausoleum holding revolution-

ary leader Mao Zedong's body sits in the middle and his giant portrait hangs at one end.

Placing the statue at China's political heart is the authoritarian government's most visible endorsement yet of the 2,500-year-old sage.

Confucius is enjoying a revival, in books and films, on TV and in class-

His message of social order and deference to authority is unthreatening to the party, while his emphasis on ethics resonates among Chinese coping with fast-paced social change on the back

of torrid economic growth.
"Chinese culture up-

"Chinese culture upholds the spirit of harmony," said Wu Weishan, the sculptor, who has made more than 200 statues of Confucius

THE ASSOCIATED PRESS



#### Grief for nine-year-old

The youngest victim of the mass Arizona shooting was remembered at her funeral Thursday for her love of baseball and animals. Christina Taylor Green, 9, was one of six victims killed when a gunman opened fire. Rep. Gabrielle Giffords, who was gravely wounded, continues to make remarkable progress. A 22-year-old man is in custody.

## Meet the granddad of T. rex

At the dawn of the dinosaur era, a quick-moving predator set the stage for the fearsome giants that followed, says new research.

The little dinosaur carried a big evolutionary stick, said Paul Sereno of the University of Chicago, a leader of the team that discovered Eodromaeus in Argentina

Eodro lived 230 million years ago and appears to be the ancestor of Tyrannosaurus rex.

"It is stunning," Sereno said of the fossils, discovered in the 1990s and reported in Friday's journal Science. Eodro's features, such as a balancing tail, show it was closely related to T. rex, he said.

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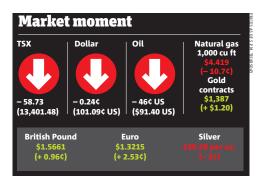


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#### **Rail workers** vote in favour of strikes

More than 6,000 mechanical and other workers at CN Rail and Canadian Pacific Railways have overwhelmingly voted in favour of strike action ahead of a resumption of contract talks next week. The strike deadline is Feb. 8 at 12:01 a.m. THE CANADIAN PRESS





## Tackling red tape for businesses

Rob Moore, minister of state for small businesses and tourism, will head up the red-tape commission

Prime Minister Stephen Harper says a commission looking at reducing red tape, especially for small businesses, will start consultations next week.

Harper says red tape is a "hidden tax and a silent killer of jobs.'

At an announcement Thursday Harper said that when governments overregulate, red tape becomes too much for entrepreneurs to bear and reduces opportunities for economic growth.

The Red Tape Reduc-

tion Commission, nounced in the 2010 budget, will hold countrywide consultations and deliver recommendations this fall. Business representatives will also be a part of the commission

THE CANADIAN PRESS

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#### metr@business

## Canada got off easy: StatsCan

#### Slump took 10 months to reverse, study finds Danks continued to issue credit so consumers bought throughout

The Great Recession wasn't for Canada — it wasn't even as painful as the previous two slumps in the 1980s and 1990s.

That's the final assessment of Statistics Canada, which issued Thursday the most comprehensive comparison of recessions since the Second World War and determined

Canadians got off easy.

The conclusion may surprise many who have come to regard the financial and economic meltdown that began in 2008 as the most scary free-fall the world has faced — and continues to face since the Great Depres-

The numbers show that was true for much of the world — particularly the U.S. and Europe — but not even close for Canada.

And they also show Canada's economy bounced back faster than during the previous two recessions.

Canada is the only member of the G7 that

has recovered all its lost

output - measured as

gross domestic product -

and all its lost jobs. "Canada came out remarkably well given that at the beginning of the downturn it did look like it was going to be as severe or more severe than previous recessions," says Philip Cross, the agency's chief economic analyst.

"It's quite remarkable how quickly it ended and how complete was the recovery."

THE CANADIAN PRESS

In the most recent downturn, employment fell a total of 2.4 per cent, or 417,000 jobs. That compared with an employment contraction of 3.4 per cent in 1990-92, and a massive 5.4 per cent in 1981-82.

#### N.B. unions ask all to help with deficit

The executive director of the New Brunswick Union of Public and Private Employees says the effort to correct the province's dismal fiscal situation must be shared by everyone.

Tom Mann said there cannot be a bull's-eye on public employees or wages and the government must look for ways to generate revenue as it tackles a projected \$820-million deficit. THE CANADIAN PRESS

#### Alta. takes issue with logo use

An Alberta government agency is taking issue with the fact that a cold remedy company is using it to promote a study on one of its products. Alberta Health Services says Afexa Life Sciences (TSX:FXA) placed ads in newspapers suggesting the government agency is researching the effects of Cold-FX on children's colds and flus. The ad seeks children between the ages of three and 11 to take part in a trial.

THE CANADIAN PRESS



#### Airbus flying high

Airbus has unveiled a possible mega-order for its planned new eco-conscious A320neo jet — a deal the European aircraft manufacturer is calling the largest in aviation history in terms of the number of



IN THE MATTER OF: The Nova Scotia Companies Act, R.S.N.S. 1989, as amended

IN THE MATTER OF: The Application of **Megado Enterprises Limited** for leave to surrender its Certificate of Incorporation.

Notice is hereby given that Megado Enterprises Limited, a body corporate, duly incorporated under the laws of the Province of Nova Scotia, with registered office at Ellershouse, Nova Scotia, intends o apply to the Registrar of Joint Stock Companies for the Province of Nova Companies for the Province of Nova Scotia for leave to surrender its Certificate of Incorporation and for its dissolution consequent thereon pursuant to the provi-sions of Section 137 of the Companies Act, being Chapter 81 of the Revised Statutes of Nova Scotia, 1989, as amended.

DATED at Bedford, in the Halifa: Regional Municipality this 10th day of January, 2011.

CONSTANCE RUSK CONSTANCE RUSK, RUSK LAW OFFICE 1600 Bedford Highway, Suite 304, Bedford, Nova Scotia B4A 1E8 Solicitor for Megado Enterprises Limited.

#### INSCRIPTIONS - MATERNELLE Conseil scolaire acadien provincial dans toutes les écoles du CSAP

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Les parents, tuteurs ou tutrices qui désirent obtenir un acte de naissance de la province de la Nouvelle-Écosse peuvent obtenir un formulaire de demande en s'adressant au bureau de la direction de l'école.

Children being registered at primary level must be 5 years of age on or before **December 31, 2011.** For more information on admission criteria, please contact your local school.

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Parents/Guardians who wish to obtain a Province of Nova Scotia birth certificate may obtain an application form at the school's administration office.

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- ✓ Develop a positive spirit and zest

For more info and start dates, contact:

Crystal Nason, Occupational Therapist Phone: 222-1405

Email: crystal.d.nason@gmail.com







#### **MINUTES WITH:** MAX BRENNAN

Like each new year. resolutions to live healthier have been made by many in 2011. And healthy living is what you'll find Saturday and Sunday at the Optimyz Health Expo at Exhibition Park. Max Brennan is the event organizer and publisher of Optimyz. a fitness and healthy living magazine based in Halifax. He spoke with us about the weekend and healthy living in general.

This is the third year for the show. Has it been growing? Every year it has grown. We have more than doubled the number of booths for this year. Last year, we had around 55 booths and this year we have close to 120

A lot of people's New Year's resolution is getting healthier. What do you say to those looking to turn things around this year?

I say fantastic. The fact you made the mental note that you want to improve your health — why not set a plan and make 2011 your best year ever, right? What are you going to do to make this your best year ever? And I don't mean just saying that, I mean coming up with some personal ideas that can do

"... why not set a plan and make 2011 your best year ever, right?"

Tommy Europe (Bulging Bride, Last 10 Pounds Boot Camp) is your featured trainer for the weekend. How scary would it be to work with him? I think he would be motivational. That's what we're talking about. It's all about motivation. You have to have that motivation to

stay on that path. There's something inspiring about him and that's contagious.

What would you say to people who claim they don't have enough time in their life to exercise?

I'd say yes you do. It's the same type of people who say they can't afford a gym membership or buy vitamins. They'll put new tires on their car but they won't put money onto themselves. People neglect themselves. We've created this culture of self-neglect and that's what we're trying to overcome with Optimyz. metro

Cartoon

## Future is built on past



#### etters

We asked: What advice would you give future generations?

@SkinSoReal: to stay true to the essentials of life and build on ~ Quality. Tolerance, Effectiveness, Harmony & Balance &

@giddyupsales: instead of focusing so much on what you want to happen in the future, enjoy the things happening now. #advice @justin\_ling: Don't let us (this generation) ruin your future. Put us in homes as soon as possible. **@kayjer:** Don't forget about people. It will become entirely too easy. Remember to care. And we're sorry for the state of the planet @gacross: Do your best to

**Crystal ball gazing** 



leave the world better than you found it. @sweeth: my advice would be not to wait too late to go for what you want in life. I regret that I did. Work hard for it. @batestonbeauty: I'd tell them how important it is to take care of the planet. @pduffysghost: You're assuming that there will be future generations.

@ken\_donnelly: Don't become cynical. Work to effect positive change. @peggymackinnon: Floss. @wisers4me: ummmm abandon the fractional reserve system and return to the gold standard? @yelpcalgary: My advice: Your future is built on your past. Make choices today that reflect where you want to be tomorrow.

What do you do when your boss is out of the office? **Email** halifaxletters @metronews.ca **Twitter** @metrohalifax

Metro has the right to edit letters and submissions.

#### Metro Minute at **Dave Hickey benefit**

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Fans of the late musician Dave Hickey are invited to attend a special tribute matinee and benefit in his honour Sunday at the Halifax Forum.

The benefit will include special Celtic folk ensemble and MC Bill Carr, with live music from Hickey's friends, including Sam Moon, John Gracie and Norma Macdonald.

Hickey, a local icon described as being known for his unique performances on stage, died Dec. 25.

Sunday's show begins at 2 p.m.

Tickets are \$25 each and are available for purchase at the Halifax Forum box office, online at reverbnation.com/Mcginty or phone at 490-4500.

#### Three days to play

DO YOU PLAN ON ATTENDING ANY EVENTS AT THE CANADA WINTER GAMES



#### **Nancy Leblanc**

I would like to attend some of the events. I guess I haven't had the list of ones that are offered, but I think it's great that we're having the games here.



#### Jonathan Rafuse

I personally am not going to attend. I know my kids probably will be.





#### **Reel Guys**

#### RICHARD **CROUSE & MARK BRESLIN**



## A hero with whimsy

Richard Crouse and Mark Breslin debate the merits of The Green Hornet Rogan's take on Britt Reid will divide people Kato and car are real heroes

Richard Crouse: Superhero movies don't generally get January releases. Typically they're summer fare, warm weather entertainments catering to teens looking for something cool to pass the school break. But The Green Hornet isn't a typical superhero movie. Directed by art house favourite Michel Gondry and starring comedian Seth Rogen, it adds some--w to the fighter whimsy. thing new to the masked genre:

Mark Breslin: When I heard Seth Rogan was cast as a superhero, I thought it had to be one of the signs of the apocaypse. But now I see why. The character isn't a superhero at all - he's a rich doofus who's playing at being a super-The superhero in the movie is

#### Plot synopsis

An all-star cast, including Seth Rogen, Christoph Waltz and Cameron Diaz, headline the updated adventures the Green Hornet. In this version Britt Reid (Rogen), heir to his late father's publishing

Kato, his sidekick. And I thought the mixture of humour and action worked pretty well.

RC: Lagree As sidekick Kato Chou is a cool character with great moves and some of the movie's best lines. Rogen, however, will divide people. I think his fans will like his slacker Paris-Hilton-with-chest-hair in-terpretation of Britt Reid but Green Hornet purists will find his take sacrilegious. Maybe they should stay home and rent The Dark Knight. Again.

company, enlists martial arts wiz Kato (Jay Chou) to form a masked crime fighting duo. Together they take on the leader of the city's underworld, Benjamin Chudnofsky (Waltz).

Ratings: Richard's: Mark's: ⊕⊕⊕

MB: The superhero genre has been moving in this di-rection for awhile. Iron Man was a guy with money and a suit. The Green Lantern, out later this year, is about a man and his magic ring. These are not "supermen." Meanwhile, I thought Christoper Waltz made a good villain, Cameron Diaz could have been played by any model, and the 3-D was unnecessarv. The car, however, deserves an Oscar.

RC: I think we're on the same page with this one. I

thought Cameron Diaz was the one nod to the typical masked crime fighter movie. She's fine in Gwyneth Paltrow's Iron movie Man role but is given little to do and the car would make Knight Rider's Kit green with envy. But the 3-D? I have to ask, What 3-D? The only thing the lame 3-D adds to this movie is a few bucks to the ticket price.

MB: But I did like how Gondry couldn't help himself and had to add a psychedelic montage sequence toward the end of the movie! I was, however, disappointed by Green Hornet's lair.

RC: I liked Gondry's flourishes. I think the great thing about the movie is how it pays tribute to the original while bringing the story and the characters into Rogen and Gondry's strange universe.



Jay Baruchel says filming his hockey movie, Goon, was more like a romance for him he started dating costar Alison Pill.

Baruchel says he and the 25-year-old actress were drawn to each other almost as soon as they began filming in Winnipeg

three months ago.
Baruchel says he
met Pill for the first time on the set of Goon, based on the real-life story of a bouncer who overcomes long odds to rise through the ranks of semi-professional hockey. THE CANADIAN PRESS

#### Apologies are Kutcher's key to a good sex scene



Ashton Kutcher wants to make it clear that having sex on screen is far from sexy. "It's always slightly more complicated than it is in real life," he says. "You're always waiting, wondering when the word 'cut' is going to be said when you're doing those scenes. You're there

you're doing the scene and you're like, OK. How far are we taking this?"

His latest film, Strings Attached, called for several such scenes opposite Natalie Portman, and the requests of director Ivan Reitman weren't exactly making things easier, Kutcher says.

"Ivan would come back and say, 'I think you need to orgasm sooner," he remembers. "So your male

machismo is like, 'No, no, no. It would take me much longer than this.'

So what's his secret for making the filming of sex scenes less awkward? "I just start by apologizing," he says with a laugh. "There's sort of always that kind of awkward state of, like, 'Is this OK? Is that OK2'

While Kutcher's co-star has been acting since childhood, No Strings Attached marked Portman's

first foray into romantic comedy territory, some-thing Kutcher is much more familiar with. But that didn't give him the upper hand.

"I learned more from Natalie in one day of being on set together than I can never possibly teacher her in a billion years," he says. "She may not have done a rom-com before, but she's done so much work on so many different levels. I don't know that there's anything I can really teach

So naturally, instead of trying to impart wisdom, Kutcher decided to make fun of Portman.

"It was mostly height iokes and then she would get very much upset with me," he says of his on-set teasing. "She looks like my child when we stand next to each other. I asked if she could reach the pedals in the car one day. That didn't go over very well."



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Movie review

| Worth watching

#### Dilemma's laughs are hard to find

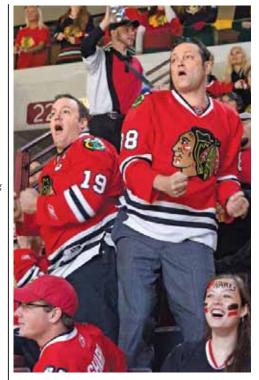
The Dilemma Genre: Comedy

Director: Ron Howard Stars: Vince Vaughn, Kevin James, Wynona Rider

In theory The Dilemma is a comedy, but you wouldn't necessarily guess that by watching it. Kevin James is given his standard stream of boring fat guy jokes and Vince Vaughn spits out the motor mouth verbal diarrhea that made his career, yet somehow the laughs don't materialize.

The screenplay presents the well-worn concept of whether or not you should tell your best friend if you know that his wife is cheating. Unfortunately at this point that's really not enough to build an entire movie around, no matter how many indulgent improvised monologues are given to Vaughn.

The movie returns Ron Howard to the gentle comedy roots that kicked off his directorial career in titles like Night Shift and Splash. However, it feels like years of producing Oscar-bait have dulled Howard's comedic



instincts, and while he can certainly create prettier pictures with his camera now, he's lost the ability to make people laugh. This is the sort of top-to-bottom failure that tends to get shoved into theatres during the Janu-

ary dumping grounds and the movie will sadly make money due to a dearth of competition.

The best approach is to simply ignore it. You don't want to encourage these people.

PHIL BROWN



#### **Cast lifts** Richler classic

**Barney's Version** 

Genre: Drama Director: Richard J. Lewis

Stars: Dustin Hoffman, Paul Giamatti, Rosamund Pike Barney's Version, based

on Mordecai Richler's fi-

nal novel, gives Paul Giamatti his most memorable part since Sideways. Utterly compelling as the kind of guy who calls his ex-wife's new husband with the offer of some nude pictures, "so you can see what she looked like in her prime," he glides or more rightly put. drunkenly stumbles through three wives, an

accusation of murder and countless cigars toward a battle with Alzheimer's disease. While the filmmaking occasionally veers into TV-movie territory. Giamatti and the cast - Dustin Hoffman, Rosamund Pike and Minnie Driver — are by turns touching, caustic, hilarious and, above all, entertaining.

RICHARD CROUSE

## top Ron Howard films

Ron Howard has carved out an eclectic career behind the camera over the past 30-plus years, from political dramas and historical thrillers to romances and fantasies and everything in between. Many of his films are good - and some of them are even great.

This week, he returns to the genre he made his name in, comedy, with The Dilemma, starring Vince Vaughn and Kevin James So here's a look at the five best films Howard has directed.

THE ASSOCIATED PRESS



#### Frost/Nixon (2008)

Howard's finest film is one of his most recent. Michael Sheen and Frank Langella are excellent. In depicting the 1977 interview sessions between British TV personality David Frost and former President Richard Nixon, Howard has taken the original play script and opened it up organically. Frost/Nixon is talky and weighty as it digs into the details of Vietnam and Watergate, but it moves with a fluidity that keeps it constantly engaging. Nominated for five Academy Awards, including best picture.



#### A Beautiful Mind (2001)

A four-time Oscar winner, including best picture and best director. Here. Howard achieves the balance that had eluded him for years in directing sappy, feel-good movies such as Cocoon and Parenthood. He manages to evoke genuine emotion from the audience without schmaltz. It also features one of Russell Crowe's strongest performances; it's a great indicator of his versatility. As tortured math genius John Forbes Nash Jr., Crowe's transformation is stunning — reminiscent of the one he pulled off two years earlier in The Insider.



#### Apollo 13 (1995)

An all-star cast led by Tom Hanks, Kevin Bacon and Ed Harris tells the gripping tale of the doomed 1970 Apollo moon mission, which nearly left three astronauts stranded in space when an oxygen tank exploded. Mission control must find a way to save them from thousands of miles away. There's a sense of nostalgia for the long-ago idea of heroism that existed then, but beyond exploring grandiose ideas, Howard's film offers a riveting attention to detail. Nominated for nine Oscars, it won two.



#### **Night Shift** (1982)

One of Howard's earliest comedies still holds up beautifully today. Henry Winkler and Michael Keaton are an ideal odd couple as a neurotic morgue attendant and his new hotshot co-worker, respectively, who turn their place of business into a brothel. Hilarious and weird but ultimately sweet, this is a great showcase for Keaton's myriad strengths as a comedian: his energy, unpredictability and his likability, especially when he's doing something dangerous and slightly wrong. They're not pimps they're love brokers



#### (1984)

It's about as high-concept as you can get: A guy falls in love with a mermaid — and the script actually earned an Oscar nomination. Hanks' first film with Howard was a real charmer, one of his earliest opportunities to establish the likable everyman persona he's now cemented. Hanks and Daryl Hannah are lovely together in this light, warm romantic comedy, which also features plenty of salty supporting stars (Eugene Levy, John Candy) to keep the proceedings from turning too gooey.



#### Other Daily Food & Drink Specials

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#### **HALIFAX**

Black Swan (14) Dolby Stereo Fri-Thu 1:35-

Stadium Seating Fri-Thu 12:35-1:25-3:35-4:15-6:20-7:25-9:15-10:20

6:20-7:25-9:15-10:20
Harry Potter and the Deathly
Hallows: Part 1 [PG] Dolby Stereo, Stadium
Seating Fri-Thu 12:40-4:30-7:45
How Do You Know [PG] Dolby Stereo, Stadium Seating Fri-Mon 4:35-7:30-10:15 Dolby Stereo, Stadium Seating Fri-Mon 4:35-7:30-10:15 Dolby Stereo, Stadium Seating Wed-Thu 4:35-7:30-10:15
The King's Speech (STQ) Dolby Stereo, Stadium Seating Fri-Thu 12:45-3:30-63:09-9:20
Little Pockers [STQ] Dolby Stereo, Stadium Seating Fri-Thu 12:25-32:0-62-9:05

Tangled (G) Dolby Stereo Fri-Thu 1:15-3:40-

IMAX

190 Chain Lake Dr., Bayers Lake 902-876-4800

Tron: Legacy: An IMAX 3D Experience (STC) Dolby Stereo, No Passes, Stadium Seating Fri-Thu 1-4-7-10

#### 6408 Quinpool Rd 902-423-7488

**BAYERS LAKE** 190 Chain Lake Dr., Bayers Lake 902-876-4800

The Chronicles of Narnia: The Voyage of the Dawn Treader (PG) Dolby Stereo, Stadium Seating Fri-Thu 1:20

The Dilemma (PG) Dolby Stereo, Stadium Seating Fri-Thu 1:20

Seating Fri-Thu 1:10-3:45-7:05-9:40

Evangelion: 2.0 You Can (Not)

Advance (STC) Dolby Stereo, Stadium Seating

The Fighter (14) Dolby Stereo, Stadium Seating Fri-Thu 1:45-4:20-7:15-9:50 **The Green Hornet 3D** (PG) Dolby Stereo,

Seating Fri-Thu 12:25-3:20-6:25-9:05 Rabbit Hole (PG) Dolby Stereo Fri-Thu 1:40-

Nature Froil Publish Stereo Fr-Ihu 1:40-4:10-6:35-935 Season of the Witch (14) Dolby Stereo, Sta-dium Seating Fir-Iu 1:230-3:15-6:15-8:40 Dolb Stereo, Stadium Seating Wed 3:15-6:15-8:40 Dol-by Stereo, Stadium Seating Thu 12:30-3:15-6:15-8:40

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The Tourist (Pc) Dolly Stereo, Stadium Seating Fri-Wed 12:55-32-56-59-945 Dolly Stereo, Stadium Seating Hiv 12:55-32-59-45

Tron: Legacy 3D (GT) Dolly Stereo, Stadium Seating Fri-Hu 12:50-35-97-10-005

True Grift (14) Dolly Stereo, Stadium Seating Fri-Hu 12:55-56-9-330

Yogi Bear 3D (G) Dolly Stereo, Stadium Seating Fri-Hu 1:30-45-64-98-55

OXFORD THEATRE

**Barney's Version** (14) Fri 6:30-9:30 Sat 3:15-6:30-9:30 Sun 3:30-6:30-9:30 Mon 6:30-9:30 Tue



3:15-6:30-9:30 Wed-Thu 6:30-9:30

#### **PARK LANE** 5657 Spring Garden Rd. 902-423-4860

**Black Swan** (14) Stadium Seating Fri 1:30-4:10-7:20-9:50-11:59 Stadium Seating Sat-Sun 1:30-4:10-7:20-9:50 Stadium Seating Mon-Thu

Country Strong (PG) Stadium Seating Fri-Sun 12:40-3:20-7-9:40 Stadium Seating Mon-Thu 3:35-

The Dilemma (PG) Stadium Seating Fri 1:10-3:50-6:50-9:30-11:45 Stadium Seating Sat-Sun

1:10-3:50-6:50-9:30 Stadium Seating Mon-Thu

The Fighter (14) Stadium Seating Fri-Sun 12:50-3:30-7:10-9:45 Stadium Seating Mon-Wed 3:30-7:10-9:45 Stadium Seating Thu 7:10 **The Green Hornet** (PG) Stadium Seating Fri

1:20-4-6:40-9:20-11:50 Stadium Seating Sat-Sun 1:20-4-6:40-9:20 Stadium Seating Mon-Thu 4b:40-9:20 **The King's Speech** (STC) Stadium Seating Fri 1-3:40-6:30-9:10-11:40 Stadium Seating Sat-Sun 1-3:40-6:30-9:10 Stadium Seating Mon-Thu 3:40-6:30-9:10

6:30-9:10 **Season of the Witch** (14) Stadium Seating Fri 1:40-4:15-7:30-10-11:55 Stadium Seating Sat

1:40-4:15-7:30-10 Stadium Seating Sun 1:40-4:15-7:30-9:55 Stadium Seating Mon-Wed 4:05-7:30-9:55 Stadium Seating Thu 4:05-9:55 True Grit (14) Stadium Seating Fri 12:45-3:45-

#### 6:20-9-11:30 Stadium Seating Sat-Sun 12:45-3:45-6:20-9 Stadium Seating Mon-Thu 3:45-6:20-9 **LOWER SACKVILLE**

LOWER SACKVILLE 760 Sackville Dr., Downsview Plaza 902-869-2022

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Black Swan (14) Fn 79:25 Sat-Sun 2:10-4;30-7-9:25 Mon-Thu 79:25 The Dilemma (PG) Fri 6:40-9:05 Sat-Sun 1:50-4:15-6:40-9:05 Mon-Thu 6:40-9:05 The Fighter (14) Fri 7:05-9:30 Sat-Sun 1:40-4:10-7:05-9:30 Mon-Thu 7:05-9:30 The Green Hornet 3D (PG) Stadium Seating

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#### **DARTMOUTH**

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#### **TRURO**

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#### **BRIDGEWATER**

**BRIDGEWATER** 

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Yogi Bear (G) Sat-Sun 2:45



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#### 2011 SHAPING UP WEI I

#### **Sound Check**

#### **ALAN CROSS**



Enough with the retrospectives and best-of lists. It's time to look ahead to the music of 2011, starting with some impending releases for January and February.

#### The Decemberists/The King is Dead (Jan. 18)

Erudite folk rock band from Portland could be due for some kind of breakthrough this year. Down by the Water is available for a free down-

Social Distortion/Hard Times and Nursery Crimes (Jan. 18) In the punk world, this is an event. Mike Ness and crew have been around since 1978 and this is the band's seventh proper album

#### Cold War Kids/Mine is Yours (Jan. 25)

Third album from literate Long Beach quartet. Their website (coldwarkids.com) offers a 15-second trailer of the record. Expectations are

#### Young the Giant/Young the Giant (Jan. 25)

Multi-ethnic (one Brit, two Indians, one Persian and one French-Canadian) outfit from Orange County who are gifted writers of big songs.

#### Dirtbombs/Party Store (Feb. 1)

Wait: a Detroit garage-rock band devotes an entire album to covering classic Detroit techno songs? Judging by Sharevari, an early leak from the sessions, this may not be as weird as it sounds on paper.

#### Young Galaxy/Shapshifting

(Feb. 8) Their third album was a transatlantic affair: the band worked on the music in Montreal while the producer did his job in Sweden. Ain't Skype cool?

#### PJ Havery/Let England Shake (Feb. 15)

Polly Iean never likes to stick with one style for too long. Written on the Forehead, the dreamy first release from the record. is nothing short of a dreampop masterpiece.

#### The Dears/Degeneration Street (Feb. 15)

If this Montreal band is not up for a Polaris Music Prize in 2011, then something's is very wrong in the world.



#### Fire set to burn at Grammys

Montreal rockers Arcade Fire will perform at this year's Grammy Awards, a first for the band.

The group is up for three trophies going into the Feb. 13 bash, including album of the year, best rock performance by a duo or group with vocals, and best alternative music album.

Other artists slated to perform at the show at the Staples Center in Los Angeles include Miranda Lambert, Cee Lo Green, Lady Gaga, Katy Perry and Eminem, who has a leading 10 nominations THE CANADIAN PRESS

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+ taxes & fees \$456
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## King rules Golden ballot

Colin Firth quaking before a radio microphone. Jesse Eisenberg keeping friends in touch online.

The top prize at Sunday's Golden Globes sets old media against new media as the 1930s-era British monarchy saga The King's Speech and the up-to-theminute Facebook drama The Social Network square off as front-runners.

The King's Speech leads with seven Globe nominations, including best drama and dramatic actor for Firth as Queen Elizabeth II's dad, George VI – who takes the throne at the worst possible time for a guy with a stammer, as that newfangled thing called radio forces heads of state to become mass communicators

Firth's competition includes Eisenberg as Facebook founder Mark Zuckerberg in The Social Network, which is tied with the Mark Wahlberg's boxing drama The Fighter for second with six Globe nominations. The film, which has dominated awards from key critics groups, chronicles Facebook's runaway success and Zuckerberg's legal conflicts as former friends and associates sue over the proceeds.

It's just this incredible story about betrayal and power and greed and friendship, said co-star Andrew Garfield, a supporting-actor nominee as the best pal and Facebook cofounder that Zuckerberg casts aside as the website's riches pile up.

Along with The Fighter, The King's Speech and The Social Network, best-drama nominees are Natalie Portman's psychosexual thriller Black Swan and Leonardo DiCaprio's sci-fi blockbuster Inception.

The Globes also have a best-picture prize for musical or comedy. Nominees include the Lewis Carroll update Alice in Wonderland and the romantic thriller The Tourist, each starring Johnny Depp, who earned best-actor nomina-

tions in the category for both films.

Other nominees for best musical or comedy are Christina Aguilera's songand-dance extravaganza Burlesque, Annette Bening and Julianne Moore's lesbian-family tale The Kids Are All Right and Bruce Willis' action caper Red.

Willis' action caper Red.
Conspicuously missing
at this year's Globes ceremony are any nominations
at all for one of the season's
major critical and commercial hits – the Coen Brothers' reboot of the Western
classic True Grit.

Essentially a pre-party before Hollywood's main event – Feb. 27's Academy Awards – the Globes are a loose, boozy cousin to the Oscars. While Oscar organizers have been trying to liven up their ceremony from its traditional procession of stars and acceptance speeches, the Globes offer television audiences a peak at Hollywood letting its hair down as celebrities share a meal and plenty of drinks. THE ASSOCIATED PRESS





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#### **Mix of Six**

#### **Sports**

#### Halifax Rainmen

Come down and show your support for the Rainmen as they try and rebound from their first loss of the season this week. The Rainmen will be taking on Kentucky. Tickets are available through Ticket Atlantic.

Saturday, 7 p.m. Tickets: \$19.75 Halifax Metro Centre

#### **Openings**

#### A T-Rex Named Sue

The museum on Summer Street is the first Canadian museum to host the exhibition that shows the world's most complete Tyrannosaurus Rex skeleton ever discovered. For more information visit nature.museum.gov.ns.ca.

Opens Saturday through May 8 Tickets: \$5.75 Museum of Natural History

#### **Expos**

#### OptimizeLive Health

Expo
Was it your New Year's resolution to get in shape? Then this is a show not to be missed as it features all you need to know about healthy living. Good Life fitness members get in for free with their ID. Visit optimyzlive.com for more information.

Saturday and Sunday 10 a.m. to 5 p.m. Tickets: \$12.50 Exhibition Park

#### **Showcases**

#### Atlantic Wedding Showcase

Calling all brides-to-be! Find out 2011's hottest styles in bridal gowns. Randy Fenoli from TLC's hit series Say Yes To The Dress will be there for a presentation. While the Showcase is \$13 per person, to see Fenoli it's \$36. For more information visit atlanticweddingshowcase.com.

Sunday, 10 a.m. to 5 p.m. Showcase: \$13 Cunard Centre

#### **Exhibitions**

#### **Lace-up Exhibition**

Timing is everything with the 2011 Canada Winter Games around the corner. At this exhibition, you'll discover how skating became part of our national identity. Three major sports are highlighted: figure skating, hockey and speed skating. Visit pier21.com for more details.

Opens Saturday through March 27 Pier 21

#### Extreme Sports

#### Rockstars Energy's Evolution Action Sports 2011

The show will be the kick-off to its second world tour for these extreme freestylists. The event combines top extreme fundamentals: Freestyle Snowcross and Freestyle Motocross. Tickets are available through Ticket Atlantic.

Friday, 7:30 p.m. Tickets: \$28 to \$62.50 Halifax Metro Centre

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#### YOU VOTED! THE TOP 10 ARTISTS OF 2010 ARE:

- Lady Gaga
- 2 Taylor Swift
- 3 Black Eyed Peas
- Jason Derulo
- 5 Nicki Minaj
- 6 Lil Wayne
- Taio Cruz
- 3 The Drums
- 9 Trey Songz
- 10 Ludacris

To see more Top 10's of 2010, visit **metronews.ca/top10** 

SOURCE: Metro Life Panel Survey, January 2011, 216 respondents



# Knightley going back on the dating market

Over the holidays Keira decided to split from boyfriend of five years

Keira Knightley and boyfriend Rupert Friend have reportedly split after five years together, according to the Sun.

The breakup happened over the Christmas holidays.

"Yes, they have broken up. But that's the way things go, unfortunately," Knightley's father tells the newspaper.

"I've spoken to her recently. The only option is to get on with things. They "They were together for quite a long time and it is always hard breaking up. She's focused on her work"

were together for quite a long time and it is always hard breaking up. She's fo-

cused on her work."



**Celebrity tweets** 



Samantha Ronson [@samantharonson] Sarah Palin supporters

make me smile.... they prove that this country is accepting of all types. Gay, straight, stupid, ignorant.....



Kanye West [@kanyewest] I'm working 30

hours a day at least



Jenny Mc-Carthy [@JennyMcCarthy] I'm crying watching

Extreme Home makeover. It gets me every time. Damn these feel good shows!

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Starts today, see participating stores for details.





## Fonda finds dead body

Peter Fonda got quite a shock when driving down Sunset Boulevard this week.

The veteran actor reportedly pulled over to investigate a car parked on the side of the road and found a dead body slumped over in the front seat, according to TMZ. Paramedics who responded to Fonda's 911 call tell the website the man most likely took his own life, and his body had been there for three days before Fonda found him.

METRO

### Lohan in trouble?

Lindsay Lohan is enjoying life out of rehab, but her legal troubles may not be over

The district attorney in Riverside County is reportedly interested in investigating further Lohan's altercation with a Betty Ford Center employee last month, according to TMZ.

month, according to TMZ. While Dawn Holland, the woman with whom Lohan allegedly fought, isn't interested in the actress being prosecuted, the altercation could qualify as a violation of Lohan's probation.

Lohan is accused of getting in a fight after the actor returned to the centre after curfew on Dec. 12 and refused a request to take a breathalyser test.

METRO



#### Talking points

## Mulligan is losing her mind

**PEOPLE** Carey Mulligan is returning to the New York stage this spring — and she'll be losing her mind.

The elfin star of An Education is set to star in an adaptation of Ingmar Bergman's 1961 film, Through a Glass Darkly. The adaptation is set to premiere off-Broadway starting May

13.
The 25-year-old actress will play an intense young woman harrowed by psychiatric illness who

spirals out of control while on holiday with her husband, father and brother.

The play will be at the Atlantic Theater Company.

#### Kanye rocks some pricey new bling

**PEOPLE** Kanye West has a new pricey accessory to show off.

The rapper reportedly purchased a \$180,000, custom-made gold watch from Tiret, according to Popeater.

The watch face is encrusted with yellow, black, brown and white diamonds in the shape of West's face and took the watchmakers five months

METR

## **Golden Globe** entertaining

This mussel dish is perfect for those who want to entertain but don't want to spend a Hollywood-sized fortune Add white wine to give the dish a kick

#### **Preparation:**

- Rinse fresh, blue mussels in a colander and set aside. Discard any mussels that do not close when tapped.
- Trim stalks from fennel and remove blemishes from outer laver. Reserve fennel fronds for garnish. Slice fennel into thin strands.
- Melt 1 tablespoon of the butter and olive oil in a large pan. Add fennel, onion, garlic and sauté over medium low heat for about 10 minutes. until soft. Stir in saffron, bay leaf, sea salt and pepper to taste. Turn up the heat to medium high. Add wine and remaining butter: stir. then add the mussels.

Cover and leave to steam for 5 to 7 minutes, or until mussels have opened. Discard any mussels that do not open. Toss everything together with lemon zest and juice. Transfer mussels to individual plates or a serving dish. Top with reserved fennel fronds. NEWS CANADA



#### **Ingredients:**

- 5 lbs (2.27 kg) fresh blue mussels
- 1 fennel bulb
- 2 tbsp (30 ml) butter
- 1 tbsp (15 ml) olive oil • 1 onion, finely sliced
- · 3 cloves garlic, sliced
- · Pinch saffron strands, soaked in a tbsp warm water
- 1 bay leaf
- Sea salt and black pepper
- 1 cup (250 ml) white wine
- Zest and juice of 1 lemon
- 1 loaf of crusty bread to

## Toast to your favourite nominees



**New Directions** Champion

#### Ingredients:

- 1 oz. white cranberry juice
- .5 oz. apple juice Preparation: Combine drinks, top with gingerale and garnish with a cinnamon stick and fresh cranberries.



Black Swan

#### Ingredients:

- 1.5 oz Russian Standard Vodka
- .5 oz. apple juice Preparation: Muddle four blackberries in bottom of a tumbler. Add ice, Russian Standard Vodka and lemonade. Garnish with remaining blackberry.



#### The Social Network

Zuckerberg Zinger

#### Ingredients:

- 1 oz. Flor de Caña rum
- 1 seedless watermelon
- Pinch cayenne pepper • 4 sugar cubes
- 1 oz. lime juice
- 1 oz club soda

Preparation: Dissolve sugar in club soda. Add muddled watermelon and rest of ingredients and stir. Chill



#### Inception Lucid Dream Stealer

#### Ingredients:

- 1.5 oz. Lucid absinthe Cold water

Preparation: Pour cold water over the absinthe Stir and enjoy.



#### **Mad Men** The Standard Martini

#### Ingredients:

- 2 oz Russian Standard Vodka
- Splash of Dry Vermouth
- Splash of olive brine Preparation: Shake ingredients gently over ice. Strain and serve in a chilled martini glass. Garnish with olives



What the stars will be eating

Appetizer: Eggplant with edamame, red pepper hummus, artichoke and arugula.



Entreé: Grilled beef tenderloin with fennel marmalada and Pacific sea bass.



Dessert: Almond cake, chocolate rovaltine crunch triangle and berry tort.



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## **Kid-friendly resolutions**

• Get your child excited about setting healthy goals



They may be young, but your kids can still share in your favourite New Year's tradition making healthy resolutions.

The most important

trick is to encourage them to set goals that are age-appropriate, easy to remem-ber and have realistic timelines.

1) Help your child come up with a few health-ori-ented goals to achieve each week. For example, "This week I will: try one new healthy food, play a new sport or physical activity, eat one extra serving of vegetables a day...

2) Have your child write down his or her healthyliving goals and post them on the fridge. That way your child is reminded to make a healthy choice when he or she reaches for a snack.

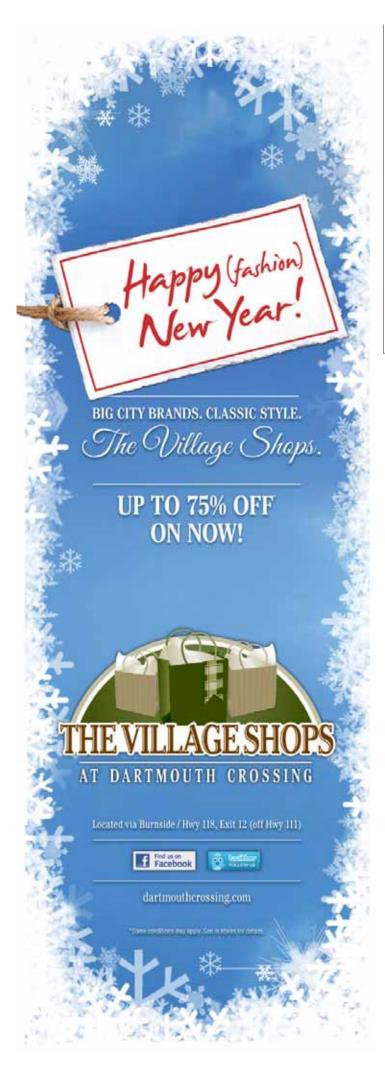
3) Think about giving them mini rewards as they work to reach their goals. Treats like a new book or some extra time playing outside will let them know that you're proud of their progress.

NEWS CANADA









#### **Maineiacs** go berserk on weary Herd

It was another night to forget for the Halifax

The Mooseheads were demolished 9-3 by the Lewiston Maineiacs on Thursday night, kicking off a three-game road trip in disappointing fashion and continuing a stretch of ugly losses.

They've lost three straight and have been outscored by a 23-6 margin.

Travel was a factor for the Mooseheads, who were scheduled to arrive in Lewiston, Me., on Wednesday but had to stop overnight in St. Stephen, N.B., because of heavy snowfall.

The Mooseheads, who hadn't been on the ice since Tuesday, outshot Lewiston 33-26, but the Maineiacs scored on their first two shots on Anthony Terenzio and had a 4-1 lead after the first.

'It's hard for the goalies when they aren't on the ice for two days," said Mooseheads head coach Bobby Smith. "It's not ideal. These guys like a routine and that didn't help.... You end up, against a very good team, playing from behind, and, hey, 9-3, what do you say? "It was not the game

the score indicated in my mind."

Darcy Ashley had a goal and an assist and Terenzio was pulled in the third period after allowing eight goals on 25 shots.

The Mooseheads, 14-27-1-1, visit the Gatineau Olympiques on Saturday at 5 p.m. and Montreal Juniors on Sunday at 6 p.m.

MATTHEW WUEST/METRO

## Rainmen looking for some cohesion



Rainmen, 2-1, will try to return to winning ways against Stallions

The Halifax Rainmen are hoping to get their house back in order on the weekend.

The Rainmen, fresh off their first loss of the season on Tuesday, are back on the Metro Centre floor on Saturday at 7 p.m. and will look to get back into the win column against the Kentucky Bluegrass Stallions.

After shooting just 34.1 per cent in the first half and 43.5 per cent overall in Tuesday's 105-94 loss to the Lawton-Fort Sill Cavalry, head coach Les Berry is preaching better team play to avoid a repeat showing.

"Either we're really bad shooters or we took really bad shots," Berry said. "I think we have really good shooters who took bad

Berry also wants to see

#### Breaking the Stallion

The Stallions, 2-2, are newcomers to the Premier Basketball League.

- The Rainmen 2-1 have never faced the team from Kentucky.
- But the Stallions have already beaten the twotime champion Rochester RazorSharks and should be a worthy opponent.

better team play defen-sively. The Cavalry beat them regularly on the perimeter and shot 52.2

per cent on the night.

"We're waiting too
long to go and help,"
Berry said. "We can play better defence, earlier, harder and with more effort, instead of waiting hoping the other



get a boost from guard Tommy Mitchell. He's ready to play after missing the first three games with an injury. MATTHEW WUEST/METRO

sports

**More sports** 



**Garrett Clarke** scored his first goal as a member of the Bathurst Titan on Thursday night, finding the net in a 5-3 victory over the Cape Breton **Screaming Eagles. Clarke,** who started the season with the **Halifax** Mooseheads, has scored goals for three QMJHL teams in 2010-11 and has 14 points in 32 games.

#### New centre in for big challenge

With one of the biggest players in the Premier Basketball League coming to town, the Halifax Rainmen have added some reinforcements in the paint for the weekend.

The Rainmen, who host seven-footer Reo Logan and the Kentucky Bluegrass Stallions on Saturday, signed James (Boo) Jackson yesterday and the six-footnine centre arrived in Halifax late last night.

Jackson most recently played in the NBA D-League, with career averages of 9.4 points and 5.7 rebounds in 50 games.

The 29-year-old also averaged 8.0 points and 6.5 rebounds over three NCAA Division I seasons at Eastern Michigan.

The Rainmen have been

scrambling to find a centre since learning that Torraye Braggs, who once played in the NBA, wasn't going to be able to come to Canada because of passport issues.

It's not clear how many minutes Jackson will be ready to log right away, but owner Andre Levingston said "he's definitely gonna help us."

The Rainmen will also

because the little black dress is little.

**10 calories** 





## The rich get pitcher? Sources say Yanks will sign Soriano

AL saves leader Rafael Soriano and the New York Yankees have reached agreement on a three-year contract that could be worth \$35 million US to the free-agent reliever, a person familiar with the negotiations told The Associated Press.

The person spoke on condition of anonymity Thursday because the deal has not been finalized. Soriano must pass a physical to complete the contract.

The deal allows Soriano to opt out after his first or second season with the Yankees. He's likely to become the primary setup man for 41-year-old closer Mariano Rivera, who recently signed a two-year deal for \$30 million.

Soriano was successful on 45 of 48 save chances last season in helping Tampa Bay edge out the wildcard Yankees for the AL East title. The 31-year-old righty was 3-2 with a 1.73 earned-run average in his only year with the Rays. The deal would mark

The deal would mark the first major free-agent addition for the Yankees this off-season after they missed out on ace Cliff Lee.

Soriano becomes the latest prominent player to leave the cost-cutting Rays, who have won two of the past three AL East titles. Speedy outfielder Carl Crawford and first baseman Carlos Pena departed as free agents this off-season, in addition to relievers Joaquin Benoit, Dan Wheeler and Randy Choate. Starting pitcher Matt Garza and shortstop Jason Bartlett were traded

THE ASSOCIATED PRESS



# No love lost in AFC playoffs

Rivalries intensify ahead of Jets-Patriots, Steelers-Ravens showdowns

Forget the cold. It's going to be smokin' hot in the AFC playoffs this weekend.

No one is trying to shove aside the action in the NFC, but the verbal activity heading into Ravens-Steelers on Saturday and Jets-Patriots on Sunday has reached seismic levels.

Jets cornerback Antonio Cromartie disrespects Tom Brady, then dares the Patriots' star quarterback to make him a target in the divisional round game at Foxborough, Mass. 8-1

Tom Brady's career record in home playoff games. The defeat came last year against Baltimore in the wildcard round.

Ravens linebacker Terrell Suggs dons an insulting T-shirt, then calls Saturday's matchup at Heinz Field "World War Three."

As if these opponents

aren't heated enough rivals in their respective divisions.

There's nothing quite so tangy in the NFC, where both games also are rematches. Neither the Packers at Falcons match Saturday night nor the Seahawks at Bears on Sunday has been accompanied by so much trash talk or accusatory tones.

Not that you expect everyone to get along as they pursue a spot in the conference title games.

"You shouldn't like who

you are going up against right now," said Jets coach Rex Ryan, hardly a wall-flower. "This is the playoffs. I can tell you our whole team respects Brady and the Patriots. But hey, we don't like any of them right now. You shouldn't. (Former Jets running back) Danny Woodhead is a great kid, but I can't stand Danny Woodhead right

now.
"I think that's just part of it, and trust me, the feeling is mutual."

THE ASSOCIATED PRESS

## Tomlinson gets shot at redemption

LaDainian Tomlinson stared out at the field from behind his dark visor, unable to help his team from his seat on the bench.

It was the AFC championship game at New England in 2008, and the San Diego Chargers running back's pride was hurting just as much as his left knee. He tried to push through the pain, but lasted just a few plays before heading to the sideline for good while the Chargers lost out on a Super Bowl appearance.

"It was the most frustrating thing I've been through in my career," the New York Jets running back recalled Thursday. "It was a long shot going into the game with a sprained MCL. I told my guys, 'I'm going to give you everything I have,' but it wasn't much."

Tomlinson, injured a week earlier at Indianapolis, had two runs for five yards and a catch for one yard before his night was over. A lasting image from the Chargers' 21-12 loss at Gillette Stadium is of Tomlinson sitting on the team's bench, wrapped in an oversized jacket and his helmet still strapped onto his head.

"That was obviously frustrating that at the biggest time you could possibly play a game, I couldn't play," he said. "Now it seems like I get a chance to redeem myself."

Three years later and healthy with the Jets, Tomlinson is again headed to Foxborough for a playoff game — with a trip to the AFC championship game on the line.

"Having this opportunity," Tomlinson said, smiling, "my hair's going to be on fire."

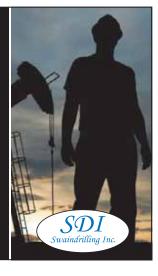
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#### **Sports in brief**

#### Surprise pick for Whitecaps at MLS draft

MLS. Vancouver did the unexpected and made Omar Salgado, a 17-yearold forward from El Paso, Texas, the first selection in the MLS SuperDraft Thursday. The consensus heading

The consensus heading into the draft was Darlington Nagbe, a 20-year-old forward from the University of Akron, had the most talent.

THE CANADIAN PRESS

#### Browns hire new coach

**NFL.** St. Louis offensive coordinator Pat Shurmur is Cleveland's new coach.

The Browns hired Shurmur on Thursday, ending a search that began when Eric Mangini was fired on Jan. 3.

Shurmur was the first candidate interviewed by Browns president Mike Holmgren. Shurmur is the Browns' fifth coach since their expansion return in 1999. Chris Palmer, Butch Davis, Romeo Crennel and Mangini each failed in trying to build a

consistent winner in Cleveland.

THE ASSOCIATED PRESS

#### No jail time for Taylor

NFL. Former NFL star Lawrence Taylor pleaded guilty Thursday to sexual misconduct and patronizing a 16-year-old prostitute, misdemeanour charges that carry no jail time but require him to register as a sex offender.

The 51-year-old ex-linebacker, who led the New York Giants to Super Bowl titles in 1987 and 1991, will serve six years probation.

THE ASSOCIATED PRESS



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chance of

"huhhh?"

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#### Crossword

- 1 Haven't paid yet 4 Battery measure 8 Sacred bird of Egypt
- 12 Coop occupant 13 Sandwich treat
- 14 Staff member?
- 15 Lots of power?
- 17 Huffed and puffed
- 18 First victim
- 19 Appears ominously
- 20 Christmas tree topper, often
- 22 Someone who's gonna get it?
- 24 Porter's "Let's 25 Total abstinence
- from meat and dairy 29 Curry of NBC
- News 30 Stogie
- 31 Old French coin 32 Considered
- 34 Clay-rich soil 35 Young horse
- 36 Insurrectionist
- 37 Distorted
- 40 Top-notch
- 41 Actress Perlman 42 Major French air-
- port
- 46 Laver 47 Oil cartel
- 48 Meadow
- 49 Hourglass stuff 50 Lillian of silents
- 51 Melody
- 1 Resistance unit
- 2 Tiny 3 Attractive
- 4 Purchase from Pat?

- 10 11 13 12 14 15 17 16 20 21 24 27 28 29 30 32 33 35 36 38 39 40 41 42 43 44 45 46 47 48 49 50 51
- 5 Exam format
- 6 Allow 7 Youngster
- 8 Natural
- 9 Philippine knife 10 Particular
- 11 Stitches
- 16 Help criminally
- 19 Tale weaver 20 Hebrew month
- 21 7ilch 22 German philoso-
- pher 23 "Zounds!"
- 25 "Livin' La Loca" 26 Columbus' benefactor

- 27 Aching 28 Think (over)
- 30 Singer Sheryl 33 Frightened, in di-
- 34 Carte
- 36 Kitchen pest 37 — and crafts
- 38 Actor LaBoeuf 39 Acute
- 40 A very long time 42 Pooch 43 Over (Pref.)
- 44 Mainlander's memento 45 Listener

#### Sudoku

1	3			5		9		7
		2						4
6					7		5	
		4	1		2			
8				9				3
			4		6	8		
	8		6					2
4						3		
2		5		4			1	9

#### How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and

Vesterday's	answer >	

Partly sunny

1	6	2	8	5	7	4	9	3
8	4	9	1	6	3	7	2	5
7	5	3	9	4	2	6	1	8
9	1	7	2	3	5	8	6	4
6	8	4	7	9	1	5	3	2
2	3	5	4	8	6	9	7	1
5	7	1	6	2	4	3	8	9
3	9	6	5	1	8	2	4	7
4	2	8	3	7	9	1	5	6

Saturday

40%

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Rebecca, my one true love. No matter where you are in this world how many oceans you cross, you can always look to the stars and know that i love you,you alone and no other forever. hope you have a wonderfull day. happy birthday ETERNALLY YOURS,

Dear Frugen, Happy 5 months, these last few months have been amazing and I can't wait to spend 5 fugillion more with you. I love you so much and being away from you has been unbearable but I'd wait a lifetime for you.

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#### Today's horoscope

#### T Aries March 21-April 20 If you want to be successful with your project, you must get assistance. You have taken it as far as you can. Now, you must team up with someone who is an expert in the areas you know little about

#### ¥ Taurus April 21-May 21

As the Sun moves closer to the midheaven angle of your chart, you will find yourself thinking about your long-term ambitions. If you must work harder, make sure it's on something you love.

II Gemini May 22-June 21 You seem to be in everyone's good books but cannot work out why. Does there have to be a reason? Maybe people just like you for who you are.

#### Gancer June 22-July 22 If you tell a lie today it will get found out by the weekend, much to your embarrassment. Either tell the truth or say nothing at all. You can't fool all people, all the time.

Ω Leo Iuly 23-Aug.23 You may not understand why so many people are singing your praises, but you are smart enough to make the most of it. Leo just loves being the centre of attention, so milk the applause while you can.

TV Virgo Aug. 24- Sept. 22 Life may be a bed of roses but in just a few days time you will be faced by challenges that require you to make sacrifices above and beyond the call of duty, so don't get too comfy!

#### For today's crossword answers and for expanded horoscopes, go to metronews.ca

➤ Yesterday's answer

thing unexpected will happen today that you'll have a hard time making sense of. Maybe it's not supposed to make sense. Maybe it's just "one of those things". Don't sweat it.

> M Scorpio oct. 24-Nov. 22 lt might be wise to spend some time by yourself today, if only to recharge your batteries before the next big challenge comes your way. Don't tell other people where you are going, just go.

#### 

Nov. 23-Dec. 21 You may have to take a roundabout route to get to your chosen destination but your Sagittarian sense of direction will get you where you need to go, eventually.

り Capricorn Dec. 22-Jan. 20 Don't give away too much information today. With Jupiter transiting the communications area of your chart, there may be a tendency to say too much. Unwise words can be used as weapons against you.

~ Aquarius Jan. 21-Feb. 18 At some stage today, you will realize that you are up against a force that is too powerful for you to defeat directly. You will have to use your head to win this particular conflict.

#### H Pisces Feb. 19-March 20

Someone you have always thought of as a rival will surprise you by an offer of friend-ship today. Should you accept? Of course you should.



WIN! write it! Write a funny caption for the image to the right and send it to play@metronews.ca the winning caption will be published in Tuesday's









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